



*Compliments of*  
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**Mary Salas**

ASSEMBLYMEMBER, 79TH DISTRICT

Dear Friend,

Did you know that according to the American Cancer Society, prostate cancer is the most common type of cancer found in American men, other than skin cancer? It is also the second leading cause of cancer death in men. However, early detection has helped the Prostate cancer death rate drop.

The American Cancer Society recommends yearly testing for men over the age of 50. If you are in a high risk category, testing should be done yearly after the age of 45. I strongly encourage you to consult your doctor to find out if you are in the high risk category and what symptoms to look for. This brochure was designed to help you learn about the risks involved with prostate cancer and the tests that help detect it.

If you have any questions or comments regarding other health related issues please contact my office at (619) 409-7979.

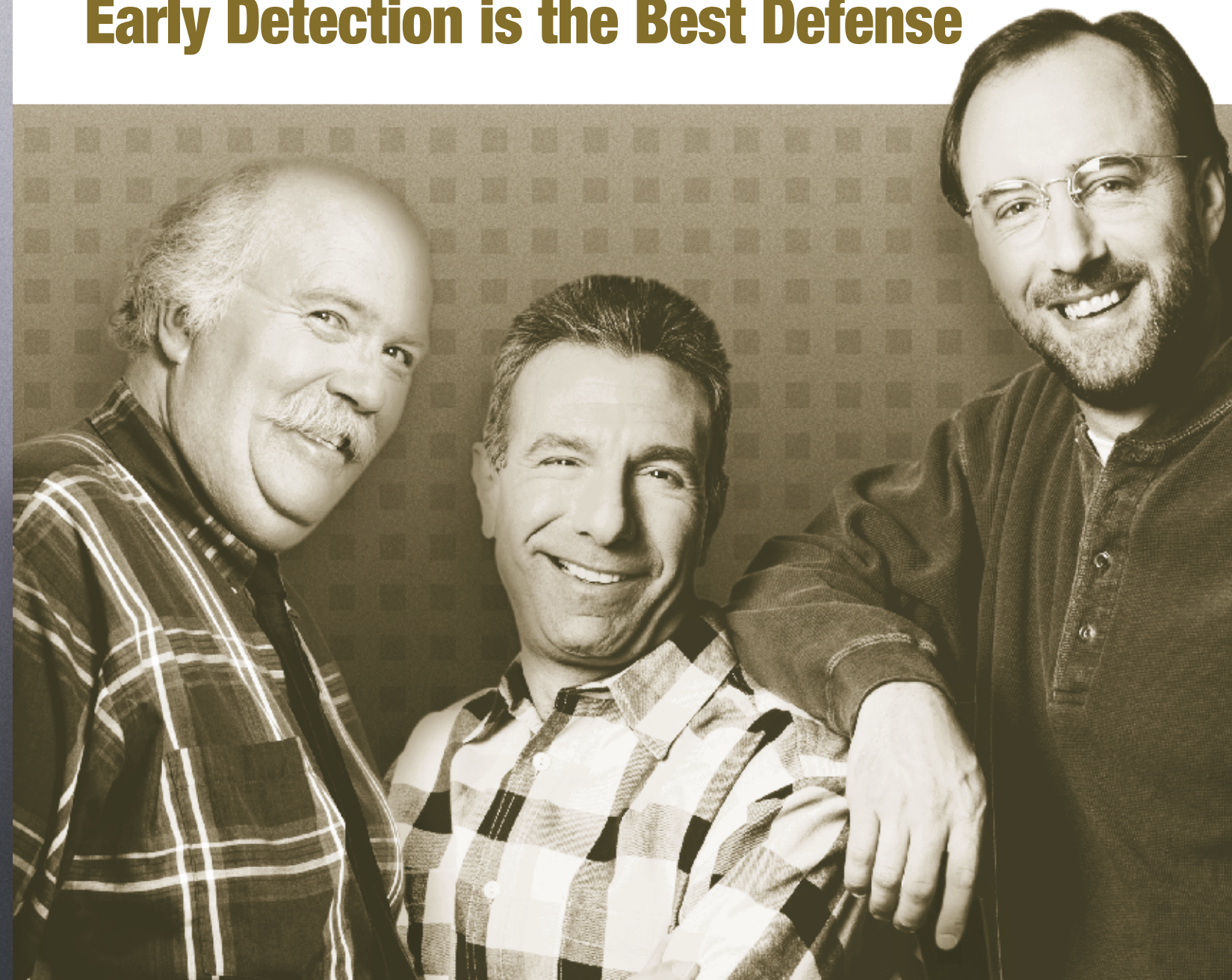
Sincerely,

MARY SALAS

Assemblymember, 79th District

# PROSTATE CANCER

## Early Detection is the Best Defense







## What you need to know about... **Prostate Cancer**

**P**rostate cancer is the second leading cause of cancer death in men, exceeded only by lung cancer. This year, more than 200,000 new cases of prostate cancer will be diagnosed in the United States.

**P**rostate cancer develops from cells of the prostate gland. The cancer cells may spread outside the gland to other parts of the body. Most prostate cancers grow very slowly.

**T**he chance of having prostate cancer increases rapidly after age 50. More than 80% of all prostate cancers are diagnosed in men over the age of 65. Ninety two percent of men diagnosed with prostate cancer survive at least 5 years, and 67% survive at least 10 years.

**A**nything that increases a person's chance of developing cancer is known as a risk factor. Risk factors for prostate cancer may include age, race and family history.

**I**t is still not known exactly what causes prostate cancer, which makes it difficult to determine all of the risk factors. A diet low in fat and consisting mostly of vegetables, fruits, and grains is associated with the reduced risk of prostate cancer.

**C**urrent research in this field is aimed at developing tests that can detect prostate cancers at an early stage. Other researchers are working on gene therapy strategies for repairing or replacing these mutated genes in order to stop the abnormal growth and spread of the cancer cells.

**G**oing to see your doctor is the best way to ensure an early detection of prostate cancer. Through a series of tests, your doctor will be able to explain the stages of cancer and treatments that can be used.

## **Tests**

**U**nnecessary treatment due to false screening results could be harmful. Research is being done to determine the most reliable method for prostate cancer screening. The PSA (Prostate Specific Antigen) is a blood test that measures the amount of PSA in the prostate. If a higher than average amount is present it may indicate prostate cancer cells.

**I**t is important for you to have an honest, open discussion with your doctor to better understand the cancer.

## **Resources**

**C**ontact these sources if you or a loved one need further information or assistance.

- **The American Cancer Society**  
**1-800-ACS-2345**  
<http://www.cancer.org>
- **The National Cancer Institute**  
**1-800-4-cancer**  
<http://www.nci.nih.gov>
- **Cancer Care, Inc**  
**1-800-813-HOPE (4673)**  
<http://www.cancercare.org>
- **The M.D. Anderson Cancer Center**  
**1-800-392-1611**  
<http://www.mdanderson.org>

## **Ask Your Doctor**

The following are a few questions you may want to consider asking your doctor:

- What is the likelihood that the cancer has spread beyond my prostate?
- What is the clinical stage and grade of my cancer?
- What treatment(s) might be appropriate for me? Why?
- Among those treatments, what are the risks or side effects that I should expect? Should I follow a special diet?

